



Let the **MOVE!** Program Help You Set Your Weight Loss Goals



Date: _____

1. Set a goal for weight loss. Remember to start with a goal of 10% of your current body weight.

I currently weigh _____ pounds.

My initial goal is to lose _____ pounds...

Example: If you weigh 250 pounds, your goal would be 25 pounds.

Another option is to make 10 pound goals.

When you lose 10 pounds, set a new 10 pound goal.

Choose a goal you are comfortable with.



Read through your materials, think about 1 or 2 changes you can make in food choices. What can you do to eat less calories and less fat? For example: "I will eat only 2 cookies for snack time, and drink diet soda."

Write down your changes:

1.

2.

Now, think about how you are going to increase your activity level. Make it simple and realistic. As your fitness improves, add to these goals.



Write them down:

1.

2.

Your final goal is to promise to weigh yourself at least once a week.

Putting goals on paper is helpful, because it will help to keep you on track. You can revise or add to your goals at any time.

You may want to write goals down on a smaller piece of paper, and keep them with you so you can read them during the day.

Now, let's get started!

